

# THE EUROPEAN SOCIETY OF REGIONAL ANAESTHESIA & PAIN THERAPY



## ESRA NEWSLETTER

MAY 2009

### Welcome Letter

#### ESRA Board Members

**G. Ivani** - President  
**N. Rawal** - Secretary General  
**J. De Andres** - Treasurer  
**S. Gligorijevic** - Past President

#### Zone Representatives

**S. Kapral**—Austria & Switzerland  
**M. Vandevelde** - Belgium & Luxembourg  
**P. Narchi** - France  
**H. Wulf** - Germany  
**B. Nicholls** - Great Britain & Ireland  
**E. Argyra**—Greece  
**B. Borghi**—Italy  
**H. Rettig**—Netherlands  
**O. Klaastad**—Nordic Countries  
**E. Mayzner-Zawadzka**—Poland  
**D. Correia**—Portugal  
**J. De Andres**—Spain  
**I. Yegul**—Turkey

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#### Dear Colleagues,

On behalf of the board of directors of ESRA and members of the organizing committee it is our pleasure to introduce the XXVIII Annual ESRA Congress, which will be held in Salzburg, Austria from September 9-12, 2009.

Since its foundation in 1980, ESRA has sought to associate and affiliate into one organization all anaesthesiologists, physicians and scientists who are engaged in, or interested in, the techniques of regional anaesthesia for surgery, obstetrics, pediatrics and pain control.

As in previous years, the focus of the scientific programme will be on state of the art presentations in our field as well as new insights into basic science, clinical research and therapeutic interventions. The scientific standard at the annual ESRA congress is now recognised as one of the best in Europe and as a result carries a high rating with the Accreditation Council for Continuing Medical Education, who assign credit hours to all ESRA congresses.

The scientific committee are currently developing a programme that will consist of refresher course lectures, symposia, pro/con debates, panel discussions, luncheon sessions, special workshops including cadaver workshops, nurses workshops and of course the opportunity for free paper and poster presentations. Residents will be able to submit their papers for inclusion into the ESRA Resident Best Free Paper & ESRA Best Poster Award competitions.

For those participants who successfully completed the first part (written exam) of the ESRA Diploma in Genoa, 2008 the second part (practical) will take place during the Salzburg congress along with the written exam for those who wish to register for the **Certified ESRA Diploma on Regional Anaesthesia**. Full details on the requisites for attendance along with registration information can be found on the congress website at [www.kenes.com/esra](http://www.kenes.com/esra)

**We very much hope you will join us for this exciting anaesthesia congress set in Salzburg, Austria.**

**Narinder Rawal**  
*ESRA Secretary General*

**Giorgio Ivani**  
*ESRA President*

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## FRANCE - Zonal Report 2009

French ESRA members have set up their new Association called ESRA-France (official by-laws and registration). The democratic election of the new Board (6 members) will take place on June 6<sup>th</sup> 2009 and will be followed by the election by this new Board, of the new French representative for the Council of Representatives of ESRA.

On Saturday May 16<sup>th</sup>, ESRA-France will be organizing the same day, 4 ESRA- Regional meetings (Paris, Rennes, Bordeaux and Marseille) covering the same scientific programme. This program includes a morning interactive session including Multiple choice questions, direct voting and discussions with experts, while the whole afternoon will focus on workshops on ultrasound, infiltrations, Obstetrics, new anticoagulants and peripheral nerve catheters.

**Patrick NARCHI**

## GREAT BRITAIN & IRELAND - Zonal Report 2009



A successful meeting in London in May 2008 saw the zone make a profit this year on our annual general meeting, after making a loss on the Exeter meeting 2007. The format of the meeting was a refresher course followed by a one day scientific meeting. The Bruce Scott lecturer this year was Professor Vincent Chan.

At the AGM, the future changes to ESRA were highlighted and the need to consider a change in name was discussed. Dr Jack Barratt the Ireland member of the ESRA UK & I board informed us of Ireland's intentions to form their own national society / zone and as such resign from the UK & Ireland board. The final changes would depend upon the ESRA proposals being accepted at the AGM Salzburg 2009.

It was suggested that ESRA UK could levy their own membership fees to improve administrative services and website development. It was however thought that this was contrary to the original constitution and any changes would have to be put to the membership.

To aid administration it was suggested that ESRA UK & Ireland should employ the services of the specialist society department of the Association of Great Britain and Ireland (AAGBI) to organise membership mailing, hold our UK database and help with administration of meetings. This was duly agreed at the mid term board meeting in November 2008. We have now agreed a three year commitment with AAGBI and this is progressing well, as seen by the excellent preparation for our May 2009 meeting in Liverpool.

Dr Nick Denny was thanked for his excellent work over the last four years as Chairman of UK & Ireland and Dr Barry Nicholls was duly elected as his successor for a four year period. Dr David Coventry finished his term as secretary and was duly thanked and his elected successor was Dr Nick Scott.

Further changes and additions from the mid-term board meeting were the announcement of a £60,000 educational grant from Abbott, to be used for training and BBraun confirming their commitment to our teaching award 'Unsung Hero'.

**Barry NICHOLLS**



## GERMANY - Zonal Report 2009



A successful German zone meeting was held in Munich November 2008. Among the speakers was Øivind Klaastad from Norway (Scandinavian ESRA zone representative). The number of participants was 132. On Friday we had several workshops on ultrasound and on nerve blocks of the upper and lower extremities. On Saturday we had several lectures on nerve damage after regional blocks, new approaches to the brachial plexus, paravertebral block, blocks for shoulder surgery, obstetric regional anaesthesia etc.

It was decided to integrate the German ESRA zone into the workforce of regional anaesthesia within the German Society of Anaesthesiology and Intensive Care Medicine (DGAI). While zonal meetings will be held within the meetings of this task force, voting and elections on ESRA matters will be restricted to ESRA members.

We are about to elect the next zone representative from Germany at the German National Congress of Anaesthesia (DAC) in May in Leipzig. He (or she) will take over in May and will be representing the German zone at the Salzburg board meeting.

**Hinnerk WULF**

## GREECE - Zonal Report 2009



### ESRA- HELLAS National Society

We proudly announce the formation of the Greek National society of regional anaesthesia and pain therapy. The society is approved and registered according to the Greek law under the name ESRA- HELLAS. The first elections of the board and representative took place December 2008 and the new board was formed January 2009. According to the by-laws the representative is elected by members who are members of ESRA as well. The list of Greek ESRA Members was received from Kennes. It is a great honour for me that I was entrusted to be the first elected representative of the Greek National Society.

The new board has decided to start its office with the preparation of a training programme on regional anaesthesia aiming to prepare Greek candidates for the ESRA diploma.

Please visit the website <http://www.esra-hellas.org/> under construction by Ioannis Serpetinis an enthusiastic board member and ESRA diplomate.

### Greek Zonal Meeting

The 10th Panhellenic Congress of Regional Anaesthesia, Pain Therapy and Palliative Care has been organised in Cyprus the 20-23rd of November 2008, in collaboration with the Medical Association and Anaesthetic Society of Cyprus and attracted 420 participants. The scientific programme was balanced between innovations, and clinical practice. Seven workshops attended by 120 participants, were highly scored. Between invited speakers on behalf of ESRA, were Slobodan Gligorijevic and Nick Denny, both supported us with lectures and workshops. On behalf of the scientific committee I have to thank them both for their contribution to a successful meeting.

**Eriphili ARGYRA**



## THE NETHERLANDS - Zonal Report 2009

2008 was a stable and quiet year in the Netherlands.

There is already for 3 years a National Regional Anesthesia Society (DARA) with 130 members. Around 40% of these members have a combined ESRA/DARA membership. Therefore the National Regional Anesthesia society in the Netherlands is partly representable for the ESRA in the Netherlands.

The goal is of course to combine these 2 memberships (100%) in the near future.

In 2008 an annual ESRA/DARA meeting was organized in February including a scientific programme.

As external guests were invited Prof dr A Borgeat, Switzerland and dr R Brull, Canada. At the scientific meeting around 100 participants were present. The programme were partly lectures and interactive workshops including sono-anatomy. All was well accepted by the participants due to the positive reactions of the evaluation forms.

Furthermore, in 2008 2 cadaver and 3 ultrasound courses were organized by the DARA.

At the ESRA level an increase in membership of the Dutch Zone was observed. At the end of 2008, 121 registered Dutch ESRA members were present.

Due to the efforts of the DARA (and of course individual activities) we will expect an increase in membership to 150 ESR members.

Participation at international ESRA level was performed by 3 DARA Board members in the ESRA Winterweek Grindelwald 2008.

**Harald RETTIG**

## NORDIC COUNTRIES - Zonal Report 2009



A successful Scandinavian zone meeting was again held in Oslo, on 10-11 October 2008. Among the speakers were Barry Nicholls (UK) and Narinder Rawal (Sweden). The number of participants was 52. Our next zone meeting will be on 9-10 October 2009, in Oslo, with English as the seminar language.

We are about to elect the next zone representative from the Nordic countries. All candidates will be nominated before April 1st. Among them the representative will be elected before June 1st.

Subsequently a Nordic advisory group for the Nordic zone representative will be elected, by one member from each of the five countries. An informal corresponding group has already been functioning for three years, but its members have been assigned to the task (not elected).

Indicated below are today's numbers of ESRA members in the Nordic countries, giving a total of 70 members: Denmark 27, Iceland 1, Finland 12, Norway 13 and Sweden 17. These numbers are expected to increase before the Salzburg congress in September; and the perspective for ESRA development in Scandinavia is optimistic.

**Øivind KLAASTAD**



## POLAND - Zonal Report 2009



The fundamental event in Polish relationship to formal structure of European part of society was reestablish a section of RA by Polish National Society of Anaesthesiology & Intensive Care during XVI Congress in Cracow 2008. The Board of Society had appointed myself as a chair of section.

At present the members of our national section are collected and the first constructive meeting of participants is prepared at Pultusk during VIIth Polish Zonal Symposium.

In 2008 the activity of RA informal group of anaesthesiologists in our country was very visible in many issues;

- XVI Polish National Congress of Anaesthesiology & Intensive Care in Cracow
  - ◊ plenary session on RA - accidental or substantiate
  - ◊ plenary session on RA in obstetric selection
  - ◊ workshop (B.Braun & General Electric and USG)

With complimentary activity of Bernadette Veering

- Regional Conferences
  - ◊ Poznan with A. Hadzic: Past & Future of RA
  - ◊ Krynica: Local anaesthetic drugs - what is new
  - + Workshops: localization of nerves, plexuses, usg.
- Ksiaz: Toxicity of local anaesthetics drugs - treatment with lipid emulsion

- National Questionnaire concerning RA in Poland - 2006 data, publishing actually.

I would like to notice absolutely unreal conditions to prepare Zonal ESRA Meeting in Poland in 2008. The reason such a situation has been very insufficient support from companies in fact to many obligations.

**Ewa Mayzner-Zawadzka**

## PORTUGAL - Zonal Report 2009



C.A.R. (Clube de Anestesia Regional) was founded in 1991. It is the largest Anaesthesia Society in Portugal with 1200 members, most of them young doctors (Anaesthesiologists and Residents) interested in Regional Anaesthesia and Pain Treatment.

The promotion and diffusion of Regional Anaesthesia and Analgesia, close together with C.A.R. is the main goal, thus keeping a regular and important national activity in this area.

Although C.A.R is, in fact, an ESRA National Society, it must soon do a few changes in its bylaws according to the new ESRA rules.



## PORTUGAL - Zonal Report 2009 - Continuing

Our members elect a new CAR Board every five years. The previous election took place in October 2008 during, XVI C.A.R. Annual Congress in Guimarães, by means of a secret ballot, according to the CAR By-laws.

Listed below are the current organs and elected members:

- Board
  - ◇ President: Dr. Rui Sobral de Campos, Hospital CUF Infante Santo, Lisbon
  - ◇ Vice President: Dr. Reinaldo Coelho Cabanita, Santarém Hospital
  - ◇ General Secretary: Dr. João Paulo Barbot, Hospital da Prelada, Porto
  - ◇ Treasurer: Dr. José Veiga, Hospital de Faro
  - ◇ Dr. Duarte Correia: Hospital Central do Funchal, Madeira – Portuguese Representative ESRA Board member
  - ◇ Dr<sup>a</sup> Ana Manso: Centro Hospitalar de Vila Nova de Gaia
  - ◇ Dr. José Peralta: Hospital Fernanda da Fonseca, Amadora
- General Assembly
  - ◇ President: Dr. Edgar Lopes, Hospital da Prelada, Porto
  - ◇ Secretary: Dr. Manuel Costa de Sousa, Centro Hospitalar de Cascais
  - ◇ Delegate: Dr. Rui Manuel Araújo, Hospital da Figueira da Foz
- Fiscal Council
  - ◇ President: Dr<sup>a</sup> Margarida Faro, Militar Hospital, Lisbon
  - ◇ Delegate: Dr<sup>a</sup> Ana Valentim, Hospitais da Universidade de Coimbra
  - ◇ Delegate: Dr<sup>a</sup> Joana Carvalhas, Hospitais da Universidade de Coimbra

The CAR Board appointed Dr. Duarte Correia to be the ESRA Portuguese Representative.

Its official organ, the C.A.R. Journal, published four times a year (March, June, September and December), is entirely devoted to developing the practice of Regional Anaesthesia and Pain Management. This is a bilingual publication in Portuguese and English, which also includes a few articles in Spanish.

During last year, we did our best to promote CAR magazine (a restyle, new editors, more articles and authors) thus trying to increase its scientific level. Our Journal is presently expanding its distribution to Spain and Europe.

We actively support the web page [www.anestesiaregional.com](http://www.anestesiaregional.com) dedicated to this theme.

ESRA Portugal and C.A.R. promoted or supported the following successful events:

- A practical Course in Ecography and Regional Anaesthesia 14<sup>th</sup> January, Hospital Fernando da Fonseca, Lisbon;



## PORTUGAL - Zonal Report 2009 - Continuing

- 33<sup>th</sup> C.A.R. Saturday – 19<sup>th</sup> April, Curry Cabral Hospital – Lisbon;
- 34<sup>th</sup> C.A.R. Saturday *"What we can do"* 21<sup>st</sup> June, a Saturday meeting enrolling Oporto Hospitals (Prelada, Gaia), Gaia;
- The 6<sup>th</sup> International Training Course on Regional Anaesthesia for Orthopedics Surgery; Coimbra University Hospital – 23, 24, 25, 26 June;
- IX Forum de Dor das Ilhas Atlânticas, Funchal, Madeira 12-14 June – A Regional Anaesthesia practical up-date included in the meeting program (hands-on; ecography and cadaver);
- XI Zonal Congress of European Society of Regional Anaesthesia, XVI C.A.R. Annual Congress – 2, 3, 4 October, Guimarães;
- 35<sup>th</sup> C.A.R. Saturday – 12<sup>th</sup> December Santa Marta Hospital, Lisbon.

### **2009 – Planned activities:**

This Year (2009) we are trying hardly, and will do all the needed efforts, to get new Portuguese ESRA members and make ESRA Portugal a much larger and active society.

ESRA Portugal intends not only to work most closely with the ESRA Spain, but also to strengthen the relationship with the other ESRA Zones.

2009 – Expected events:

- 36<sup>th</sup> C.A.R. Saturday – 10<sup>th</sup> January, Viseu Hospital, Viseu  
A practical Course in Ecography and Regional Anaesthesia, C.U.F Hospital
  - ◇ Oporto, 24<sup>th</sup>, 25<sup>th</sup> May
  - ◇ Lisbon 26<sup>th</sup>, 27<sup>th</sup> May
- 37<sup>th</sup> C.A.R. Saturday – 20<sup>th</sup> June, Cento Hospitalar de Coimbra, Coimbra
- The 7<sup>th</sup> International Training Course on Regional Anaesthesia for Orthopedics Surgery ("*GE Ultrasound Advanced Dual Guidance - Multi-Stage Learning Program 2009*"), Coimbra University Hospital – 21, 22, 23, June;
- XII Zonal Congress of European Society of Regional Anaesthesia, XVII C.A.R. The Annual Congress will take place in Santarem, near Lisbon on the 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> October.

This year we are trying to promote additional meetings dedicated to pain and regional anaesthesia.

- C.A.R. also supports these other events:
  - ◇ A II Practical Course in Peripheral Blockades (Upper Limb and Lower Limb) 20, 21, 22, 23, 24, April, Fernando da Fonseca Hospital, Lisbon
  - ◇ X Forum de Dor das Ilhas Atlânticas, Funchal, Santa Cruz de Tenerife 26<sup>th</sup>, 27<sup>th</sup> June.

**Correia Duarte**



## ITALY - Zonal Report 2009

The ESRA Italian Chapter (European Society of Regional Anesthesia and Pain Therapy) is a Scientific Association constituted by Specialists in Anesthesia engaged in Local Regional Anesthesia and its use/application in surgical, obstetrical and pain therapy fields. The Association was constituted in 1994.

Every 3 years Italian delegates have to elect the National Representative who presents a Board formed by the Secretary, the Treasurer, all the members with power of vote and also the past presidents with advisory power. (bylaws are deposited with lawyer act in Milan)

This year during the National SIAARTI (Società Italiana di Anestesia Analgesia Rianimazione e Terapia Intensiva) Congress which was held in Palermo from 14th to 17th October has been elected (the mandate begins from 01.01.2010 to 31.12.2012) the undersigned, Dr. Paolo Grossi, through the election of all ESRA Italian Chapter delegates who were attending the meeting.

Among the aims and activities of the Association, one of them is the annual organization of ESRA National Congress.

Last Year the event was postponed in order to obtain maximal success of the European ESRA, held in Genova.

This year it will be held in Bologna from 24th to 26th September (Director Prof B. Borghi).

In addition, several events at local level are supported by the Italian Chapter, with the participation of one delegate of the ESRA Italian Chapter Board.

**Battista Borghi**

## BELGIUM - Zonal Report 2009



Annual Meeting in October 2008: successful, topic "Obstetric Anaesthesia", guest lecturers: Dr. Gordon Lyons and Dr. Cynthia Wong.

Recipient Albert Van Steenberghe Award: Dr. Gordon Lyons.

Cadaver meeting: in January 2008: fully booked exclusively for resident's in training. Almost free for participants (registration fee 25 Euro, partially sponsored by the Belgian Society of Anaesthesia).

Several regional teaching meetings: free and well attended.

Membership BARA: 500.

We also offer ESRA membership: in Total 64 BARA members also became ESRA member through us. In total > 100 Belgian anaesthetists are ESRA member.

**Marc Vandeveld**



## XIV ESRA Local Meeting - Séville, Spain, 22-24 October 2008



As every year, ESRA-Spain hosts a local meeting in a different city within the Spanish territory. This year, the city chosen was Seville. Seville is located to the Southwest of the Iberian Peninsula, in centre of the Independent Community of Andalusia. To only 6 meters on the level of the sea, in the heat of Fertile valley and Countryside of the Guadalquivir River, and to borders of this one, conform an urban sprawl that extends towards the Aljarafe, the Salt marshlands, the National Park of Doñana, the North Mountain range and the South Mountain range.

### THE VENUE – “NH HOTEL”

This hotel is focused to the organisation of meetings & congresses, holding many rooms for small groups, and also big rooms for a big number of people. It has a very good area where to hold the commercial exhibition and the main room for the conferences, and in the first floor are located the rooms that we used for the workshops.

### THE MEETING

This year, the meeting was presided by Dr. Juan Bautista Alcañiz Folch, Chief of the Anesthesia, Critical Care and Pain Management in the Area Hospitalaria Virgen Macarena de Sevilla, and Dr. José De Andrés, Chief of the Anaesthesia, Critical Care and Pain Management in the Consorcio Hospital General Universitario de Valencia, also the President of ESRA-Spain and Treasurer of ESRA- Europe. The Organising Committee was formed by members of several hospitals in Seville. The Scientific Committee was formed by past presidents of the ESRA Local Meetings and professionals from different hospitals of the Andalusian area. The 71 speakers joining the meeting came from different hospitals, not only from Spain, but also from Europe and The United States.



The total amount of participants was 392, and the number of posters was 228. There was also a wide participation of the pharmaceutical industry, with a total of 30 exhibitors in the venue.

The local meetings in Spain have always the same schedule, beginning in the afternoon with the best free papers presentation. The scientific committee selects the 7 best papers for oral presentation at the Opening Ceremony. They participate in the Best Free Paper Award, scholarship grant sponsored by Becton Dickinson. Once the presentations had finished, the Opening Lecture began, having the outstanding presence of Dr Narinder Rawal, from Örebro Hospital in Örebro, Sweden, *ESRA Distinguished Services Award Lecture 2008*, with the Lecture “Regional Anesthesia techniques and postoperative outcome”

The rest of the meeting developed with the celebration of Updating Tables, Controversies Tables, Clinical Scenarios, discussion and design of clinical care and multicentre research protocols and workshops in the congress venue, operating rooms of teaching centres and operating rooms of the University Hospital Virgen Macarena of SevilleV. All of them, especially the workshops in operating rooms, were of big success between the participants.

### ESRA AWARDS

During the Gala Dinner and Closing Ceremony, ESRA-Spain President handed over the ESRA Awards.



## XIV ESRA Local Meeting - Séville, Spain, 22-24 October 2008—contin.

- ◇ Best Free Paper Award: Dr. Manuel Taboada Muñiz. Hopsital Clínico de Santiago. Santiago de Compostela
- ◇ Best Poster Award: Dra. M<sup>a</sup> Luz Canovas Matinez. Complejo Hospitalario de Orense.
- ◇ Best video prize: to the work of the group from Hospital General Universitario Virgen de la Arrixaca, Murcia. The group presented 5 videos to the prize.

To summarise, the XIV ESRA Local Meeting in Seville, with 392 participants was a great success for the ESRA Local Meetings in Spain, and we hope to maintain this growing participation for a long time.

### AN INVITATION TO THE NEXT LOCAL MEETING


Finally, I would like to welcome you all next year to our XV ESRA Local Meeting, 21-23 October 2009, which will be held in Pamplona.

The meeting will be held in the "Baluarte", a very special place to held meetings & congresses.

**Dr. José De Andrés**

President ESRA-Spain

Seville, Spain, October 2008



**\*DISCOVER\***  
ESRA What's new  
The new ESRA online platform

ESRA is proud to present its latest online feature - What's New in Regional Anaesthesia and Pain Therapy?

This brand new online platform allows you to access exclusive articles reviews from internationally renowned specialists.

Every 6-8 weeks, selected papers of five categories in the Regional Anaesthesia and Pain Management field will be reviewed.

We invite you to connect to:

[www.whatsnew-esra.org](http://www.whatsnew-esra.org)

Welcome to the world of ESRA!

**Professor Narinder Rawal, MD, PhD**  
Editor

**What's new**  
in Regional Anaesthesia and Pain Therapy ?

Central neuraxial blocks

Peripheral blocks

Acute pain

Chronic pain

Miscellaneous